



COUNTY OF LOS ANGELES
Public Health

WEST SPA

Chronicle

5

A publication for friends and neighbors of the West Service Planning Area

Volume V, Issue I

Spring 2007



National Public Health Week 2007

April 2-7, 2007 was National Public Health Week. As in years past, the Department of Public Health commemorates this week by hosting events throughout the County to raise awareness about the importance of Public Health in the community. It is important to note that LA County Department of Health Services was the first to observe Public Health Week in 1988. The observation of this week was not made official until President Clinton issued a proclamation in 1995.

This year's theme was "Emergency Preparedness Against Public Health Threats". Although the theme may sound scary, it is meant to drive home the importance of being prepared for any emergency, not just the worst case scenarios that we have come to

dread such as bioterrorism. Other emergencies such as earthquakes, floods, fire, or interruption of water supply are also equally important to prepare for.



SPA 5 observed the week by holding an open house for local community based agencies. The event had dual purposes: to better acquaint community agencies with the services provided by SPA 5, and to find ways to partner with these agencies to further mutual goals and objectives. Although the turn out was not at the level expected, the SPA 5 staff were able to make connections with a number of agencies with the hope of collaborating on

events, such as a baby shower similar to the one already held annually in SPA 6.

Nicole Vick, Health Educator for SPA 5, spoke on Emergency Preparedness for People with Disabilities on radio station KTYM 1460 AM. The host is Janet Neal, Chair of the LA County Commission on Dis-

abilities.

For more information about National Public Health Week, visit the American Public Health Assoc. Website at www.apha.org, or the LA County Department of Public Health website at www.lapublichealth.org.

Thanks to everyone who participated !

SPA 5 Community Pushes for DASH Route

A coalition has formed in SPA 5 to address the need for improved access to preventive healthcare and other important community assets by bringing an inexpensive DASH bus to the Westside.

The campaign is being led by People Organized for Westside Renewal (POWER), a local West Los Angeles non-profit that works with low-income community members to take action on issues that improve their neighborhoods.

Many activities have taken place recently to bring the idea of a Westside DASH to

fruition. Some of the achievements to date are:

- The endorsement of the Del Rey Neighborhood Council
- The commitment of Councilman Rosendahl to make this effort a priority by working to develop a competitive strategy to make the Westside DASH route the most competitive of those presently being proposed.
- A rally was held recently at Stoner Elementary School in Culver City that attracted approximately



80 committed neighbors from a wide cross section of the Westside

- A survey

has been conducted to insure the relevance and individual priority of the 10 proposed route stops developed in the year 2000, in preparation for negotiation to make our route more competitive than others proposed.

(See *DASH*, page 4)

“Our Youth At Risk?” Forum Helps Parents of Teens

A group of concerned parents gathered recently for a community forum in Virginia Avenue Park's Thelma Terry Building. Led by volunteers from the SPA 5 Children's Planning Council, they shared personal experiences and discussed the challenges of parenthood with local leaders.

During the “Our Youth at Risk?” forum, participants were encouraged to identify early patterns of risky and potentially dangerous behavior and discuss possible responses; a panel of parents and social services professionals also identified community resources available to parents in these situations. The event was the first in a series to bring our community together in support of healthier and happier children. Topics discussed during the session included trust and communication, the

benefits of positive role models (mentoring), motivation, and navigating the school system.

Patricia Barnett, SPA 5 Council member and an employee at one of the Public Health Programs, was a panelist for the discussion. “I was happy to see so many concerned parents coming together to help each other find solutions...I feel strongly that success is largely a matter of holding on after others have let go.” Ms. Barnett encouraged parents to not give up on their children and to keep talking to them “you and your child are on the same team”.

For more information about the SPA 5 Children's Planning Council and future events such as this, please call 310 309 6000 X 208 or 215.



Multicultural Cancer Awareness Week—April 15-21, 2007

Cancer affects people of all racial and ethnic groups. However, a closer look at cancer rates for racial and ethnic groups reveals significant differences. Minority groups face special problems and concerns about cancer, including higher rates of developing some cancers and barriers to early detection. For example, African Americans have the highest death rate and shortest survival rate of any racial and ethnic group in the United States for most cancers. African Americans have the highest incidence rates of colon and rectal cancer, and lung and bronchus cancer. African American women experience higher death rates from breast cancer than any other racial or ethnic group, even though whites experience higher incidence rates.

Other racial/ethnic groups experience higher rates of specific cancers as well. Hispanic women have the highest incidence rates for cervical cancer. Despite low incidence rates, Hispanic/Latina females have the second highest death rate for cervical cancer. Although Asian/Pacific Islanders have overall low cancer death rates, this group has the highest incidence rate and death rate of bile and duct cancer, and stomach cancer.

Racial and ethnic minorities face numerous obstacles in receiving health care services including cancer prevention, early detection, and quality treatment. Low income, inadequate health insurance, geographic, cultural, and language barriers, and racial bias are other factors.

Since 1987, the third week in April has been designated National Multicultural Cancer Awareness Week, a time when researchers and health care professionals across the country focus on educating minority populations about cancer and understanding why some ethnic minorities are more likely to develop and die from certain types of cancers.

On April 24, 2007, the Department of Public Health will commemorate National Multicultural Cancer Awareness Week by participating in a symposium hosted by the American Cancer Society and the USC/Norris Cancer Hospital.

In light of this week, we've put together tips to help prevent cancer:

Quit smoking or using other tobacco products- Smoking accounts for at least 30% of all cancer deaths and 87% of lung cancer deaths.

Maintain a healthy weight- Overweight and obesity contribute to 15-20% of all cancer deaths and is associated with developing some cancers

Adopt a physically active lifestyle- Exercise at least 30 minutes a day

Maintain a healthy diet- Eat at least 5 servings of fruits and vegetables a day and limit your intake of processed and red meats

Perform monthly breast checks- checking for lumps in breasts and underarms can help detect early

breast cancer

Eliminate or limit alcohol consumption- Drink no more than 1-2 alcoholic beverages a day. Increased alcohol consumption has been shown to cause cancer of the mouth, pharynx, larynx, esophagus, liver, and breast.

See your doctor :

Yearly mammograms are recommended starting at age 40 for most women and earlier for women with a family history of breast cancer

Beginning at age 50, men and women should start screening for colon and rectal cancer with one of these tests: Sigmoidoscopy, colonoscopy, fecal occult blood test, or double-contrast barium enema.

Beginning at age 50 men should have their screening for prostate cancer, including a digital rectal exam and a prostate specific antigen (PSA) test. For men with a family history, screening should begin at age 45

Women should have annual pap smears once they become sexually active or at age 21 to check for early detection of cervical cancer.

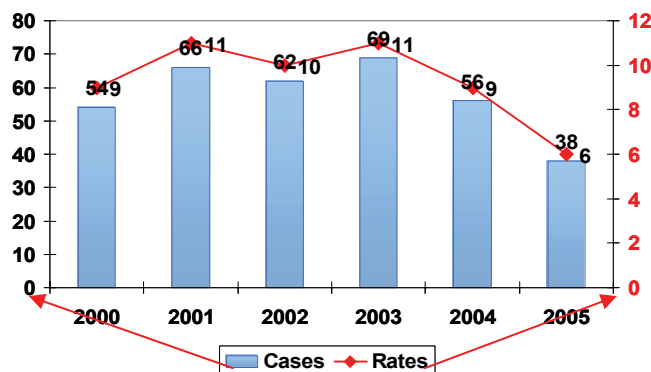
Selected Reportable Diseases West Service Planning Area (Provisional Data)

7/1/2006-12/31/2006 vs. 7/1/2005-12/31/2005

Disease	7/1/06-12/31/06	7/1/05-12/31/05
Amebiasis	8	6
Campylobacteriosis	66	61
Encephalitis	0	0
Hepatitis Type A	4	40
Hepatitis Type B	0	1
Hepatitis Type C	0	2
Measles	0	0
Meningitis, Viral	7	8
Meningococcal Infections	0	0
Pertussis	8	12
Salmonellosis	69	63
Shigellosis	22	33
Tuberculosis	21	16

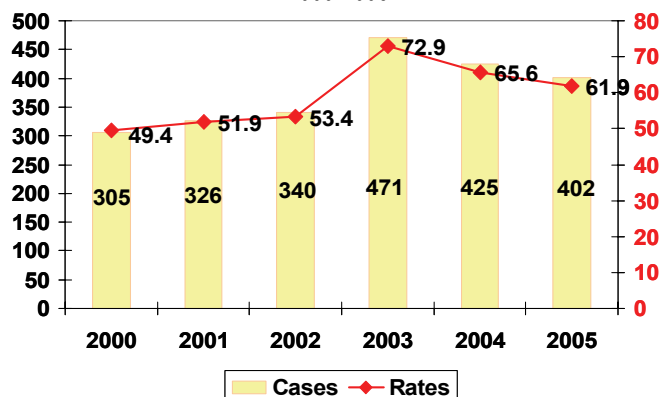
Note: Number of cases are on the left, case rates are on the right (see example)

**AIDS Cases and Rates:
West Service Planning Area
2000-2005**



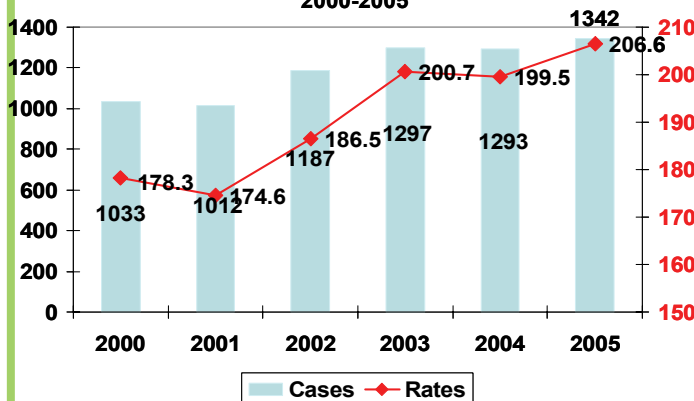
Case Rate: No. Cases per 100,000 Persons

**Gonorrhea Cases and Rates:
West Service Planning Area
2000-2005**



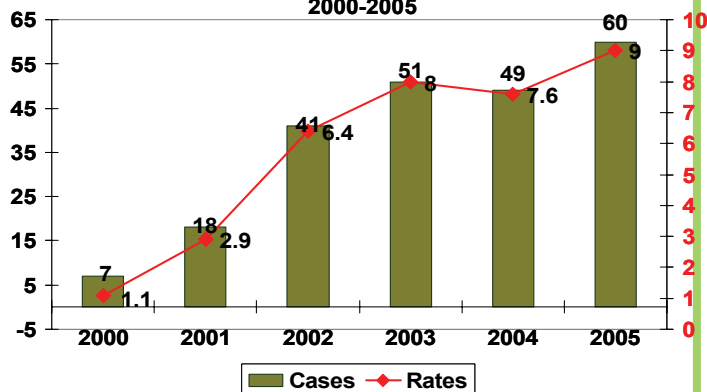
Case Rate: No. Cases per 100,000 Persons

**Chlamydia Cases and Rates:
West Service Planning Area
2000-2005**



Case Rate: No. Cases per 100,000 Persons

**Syphilis Cases and Rates:
West Service Planning Area
2000-2005**



Case Rate: No. Cases per 100,000 Persons

(DASH, from Page 1)

The next steps of campaign will include dissemination of the status of their efforts to widen the circle of diverse supports. Also, the results of the community survey will be analyzed and disseminated in an effort to inform the community and further identify interested community members who are willing to join the DASH campaign, particularly when the need arises for the community to mobilize at specific venues to move this agenda forward.

Get involved! For more information contact: **Lawren M. Askew, MSN, PHN, RN** from Westside Children's Center at (310) 578 - 1750 X 6121 or lawrenm@westsidechildrens.org or **Diana Rozendaal**, Community Organizer at People Organized for Westside Renewal (POWER) at 310-392-9700, ext 2#

SPA 5 EXECUTIVE TEAM

Area Health Officer (Acting):	Martina Travis, MPH, BSN, RN
Area Medical Director:	Maxine Liggins, MD, MPH
Director of Operations:	Willie Mae Howard, MPA
Nurse Supervisor:	Mei Lien Chu, RN, BSN
Community Liasion:	Jameelah Harris-Mims, MSN, MPH, PHN
Epidemiology Analyst:	Farimah Fiali
Health Educator:	Nicole D'anise Vick, MPH, CHES
Reception:	Keisha Davis

MANAGING EDITOR

Nicole D'anise Vick

The **SPA 5 CHRONICLE** is published quarterly by the West Service Planning Area. You are welcome to make copies of this newsletter.

CONTRIBUTORS

Jameelah Harris-Mims, PHN, MSN, MPH—SPA 5/6

Tara Robinson, - SPA 5 Children's Planning Council

Lawren M. Askew, MSN, PHN, RN - Westside Childrens Center

Diana Rozendaal - People Organized for Westside Renewal (POWER)



WEST SPA

Chronicle 5

West Area Health Office
Simms/Mann Health and Wellness Ctr.
2509 Pico Boulevard, Suite 320
Santa Monica, CA 90405

FOR CHANGE OF ADDRESS CONTACT:

Teresa Level
Phone: 323 235 6707
FAX: 323 846 5442
tlevel@ph.lacounty.gov

PUBLIC HEALTH MISSION : TO SAFEGUARD AND IMPROVE THE HEALTH OF ALL LOS ANGELES COUNTY RESIDENTS